

Carers Support Service 01202 458204 | www.crispweb.org

The team are here for you!

During the Coronavirus (COVID-19) pandemic, we have unfortunately needed to keep the Carers Centre closed and had to pause face-to-face social activities for the time being.

We know that life for some of you has become more pressured and stressful, and there is still a lot of worry and uncertainty. However, we want to reassure you that we are still here to support you!

Whilst the team are working from home, we can still be contacted by telephone and email. The phone will go to answerphone, but we pick these up regularly and will get back to you as soon as possible. If you can email, you may find that we can respond more quickly. Please do get in touch with us if you are having any problems – we are here to help!



01202 458204



carersupport@bcpcouncil.gov.uk

Carers Rights Day

This year, Carers Rights Day will be held on Thursday 26th November 2020.

Sadly, we can't arrange an in-person event as usual this year, but we still want you to know about information and support available to you, so you can feel confident asking for what you need. You can find more information about support available to carers on our website: www.crispweb.org.



You can also get in touch with us by phone or email, if you have any questions or need information or advice:



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Stop flu, before it stops you!



As a carer you may be concerned about what will happen to the person you care for if you are unwell.

At this time of year, the flu vaccine is the best way to provide protection for both you and the person you care for against flu. It is particularly important at the moment because:

- If you, or the person you care for is at a higher risk from coronavirus, you are also at more risk of problems from flu.
- If you get flu and coronavirus at the same time, research shows you're more likely to be seriously ill.
- It will help to reduce pressure on the NHS and social care staff who may be dealing with coronavirus.

As a carer you will be offered a free annual flu vaccination by your GP surgery. If you are not already registered with your GP surgery as a carer, register with them and ask about your free flu vaccination today.

Changes have been made to make sure it is safe for you to have the flu vaccine at your GP surgery or pharmacy. These changes include social distancing, hand washing and wearing protective equipment.

Wellbeing Booklet

We have enclosed a wellbeing booklet as we have sensed the mood of carers dropping with the shortening days, summer ending and rising numbers of infections.

We know that when you are coping day to day and responding to the needs of others, it is easy to forget to look after yourself, so we hope it will give you some positive ways of looking after yourselves.



Carers Social Events

Carers Social Event Survey

Thank you to everyone who completed and returned this survey. We could see there are quite a few carers who would attend face-to-face events, providing they were arranged to keep attendees safe, and most people said they would prefer them to be outside. Cream teas were popular, but the weather may be against us over the winter. As an alternative we will be looking at how we can arrange some local walks.

The survey also told us many carers are not able to access 'virtual' meetings due to lack of equipment or skills. There was some indication that a few carers were having a go at being more 'virtual', but also several carers had not heard of Zoom. A lot of carers would like to see us continue to offer 'virtual events', even those who could not access them, but we could also see they did not meet the needs of other carers. There were several suggestions for future events, which we will try to accommodate.

We still have some surveys coming in. They will be added to a full report that will be shared with the Carers Reference Group and Officers with responsibility for supporting carers.

Online Social Activities

Within the social events survey feedback, some carers mentioned that they weren't aware of our current online social event offering. We are continuing to run our social activities online using the online video-conferencing software 'Zoom'. **Previously, we have offered bingo, quiz nights, and mental and physical wellbeing workshops. So, plenty to get your online teeth stuck into. They are free and the person you care for is welcome to join in too.**



If you haven't taken part because you haven't seen anything you'd like to get involved with yet, we would love to hear your ideas for further on-line social activities. Let us know by emailing us at carersupport@bcpcouncil.gov.uk

How does it work?

- Visit our website www.crispweb.org to find out about our upcoming events.
- Email carersupport@bcpcouncil.gov.uk to say which events you would like to join in with.
- We will email back to confirm if you have a place – first come, first served basis – we may be able to repeat popular events.
- We will email you an invitation and a 'link' that you click onto when the event is due to start. Also, a password you will need to type-in to join the meeting.
- You will be prompted to either download 'Zoom' or join using your browser and then taken through a few steps to join the meeting.

If you are new to Zoom (as Eve was!) and have any questions about how Zoom works, do please email beforehand and we will try our best to answer them.

Please note:

CRISP is using 'Zoom' video conferencing as a temporary way of continuing to hold social events during the COVID-19 pandemic. There are some data protection considerations surrounding Zoom which means that the security of any information disclosed during a social event cannot be guaranteed. For this reason, please do not talk about any personal issues you or the person you care for may have and do not give out any personal details. By keeping to these guidelines, we will be able to safely carry on holding social events for us all to enjoy. If you do have any personal concerns you need to discuss, please continue to contact the Carer Support Service in the usual way.

Free Weekly Art and Mindfulness Classes for carers with The Power House

Ten classes beginning on **26th November - 10am to 12noon** (there will be a two-week break for Christmas and New Year) at The Hamworthy Club, Magna Rd, Canford Magna, Wimborne, BH21 3AP

There is a large car park at the club. The classes will be held in a large COVID-19 Risk assessed hall and will be run in a way that aims to keep everyone safe. The classes are run by local artists from the Powerhouse charity.

Numbers will be limited, to book a place and to find out more about how everyone will stay safe, **contact Alix on 07743 386911 or Rachel on 07855 684908.**

